

February: Heart Healthy Month

28 Day Heart Healthy Challenge

Play
FRISCO

SUN

MON

TUE

WED

THU

FRI

SAT

Play @ the
FAC

1



Hydrate up
and drink
plenty of
water!

2

Unplug:
Go on a nature
walk or hike

3



Take the Hip
Hop Dance
class at the
FAC!

4

National Wear
Red Day

5



Get your blood
pressure
checked

6

Aim for 7–9
hours of sleep

7



Get your body
moving with
the !KICK-
HRD! class!

8

Sign up for
a Virtual 5k

9



Start a step
contest with
friends,
coworkers, or
family!

10

Fill your plate
with fruits &
veggies

11



Take a break
from sitting
each hour

12

Cast a line at
Frisco
Commons for
Trick-A-Trout

13



Get outside with
your Valentine
at Limestone
Quarry Park

14



Add whole
grains into
your diet

15

Practice
good oral
hygiene

16

Play a game
of
basketball

17



Take a
Yoga class
at the FAC

18

Set up a sleep
routine

19



Sign up for a
Personal
Training
session at the
FAC

20

Avoid caffeine
4–6 hours
before bed

21

LAUGH!

22



Ditch the
elevator, take
the stairs

23

Join an Adult
Sports
League

24

Schedule
regular
checkups with
your doctor

25



Eat some
Omega 3's such
as nuts, salmon,
or chia seeds!

26

Meal Prep:
Plan out your
meals for the
week

27



Play with your
dogs at the
Ruff Range Dog
Park!

28

